

Off- Season Phase 2

Day 1

A1 Front Squat Grip- Rear Foot Elevated Split Squat

Week	Sets	Reps
1	5	5
2	5	5
3	3	3
4		1RM

Set 1	Set 2	Set 3	Set 4	Set 5

A2 2 Leg Bridge w/ Band Above Knees

Week	Sets	Reps
1	3	20
2	3	20
3	3	20
4	3	20

Set 1	Set 2	Set 3

B1 Hip Thruster w/ DB

Week	Sets	Reps
1	3	15
2	3	12
3	3	10
4	3	8

Set 1	Set 2	Set 3

B2 Bodyweight Posterior Lateral Lunge

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

C KB Swing

Week	Sets	Reps
1	5	10
2	5	15
3	5	15
4	5	20

Set 1	Set 2	Set 3	Set 4	Set 5

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Day 2

A1 Pull-up (shoot for 5-15 reps, use band if needed)

Week	Sets	Reps
1	3	max
2	4	max
3	5	max
4	3	max

Set 1	Set 2	Set 3	Set 4	Set 5

A2 Feet Elevated Side Plank

Week	Sets	Reps
1	3	20-60s/side
2	3	20-60s/side
3	3	20-60s/side
4	3	20-60s/side

Set 1	Set 2	Set 3

B1 3-Point Row

Week	Sets	Reps
1	4	8/side
2	4	8/side
3	4	8/side
4	4	8/side

Set 1	Set 2	Set 3	Set 4

B2 Push-up

Week	Sets	Reps
1	3	max
2	3	max
3	3	max
4	3	max

Set 1	Set 2	Set 3

C1 Rear Foot Elevated Split Squat Hold

Week	Sets	Reps
1	3	40s/side
2	3	50s/side
3	3	60s/side
4	3	70s/side

Set 1	Set 2	Set 3

C2 Plank on Physioball- Rolls

Week	Sets	Reps
1	3	10
2	3	10
3	3	10
4	3	10

Set 1	Set 2	Set 3

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Day 3

A1 Trap Bar Deadlift

Week	Sets	Reps
1	5	5
2	5	5
3	5	3
4	5	3

Set 1	Set 2	Set 3	Set 4	Set 5

A2 Spider Lunge w/ Hamstring Floss

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

B1 Eccentric Single Leg Squat to box

Week	Sets	Reps
1	3	10
2	3	10
3	3	10
4	3	10

Set 1	Set 2	Set 3

B2 Physioball Bridge

Week	Sets	Reps
1	3	10
2	3	12
3	3	15
4	3	20

Set 1	Set 2	Set 3

C Sled Push (10-20 yards)

Week	Sets	Reps
1	5	
2	5	
3	5	
4	5	

Set 1	Set 2	Set 3	Set 4	Set 5

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Day 4

A1 Alt. Incline DB Bench- Hold at Top

Week	Sets	Reps
1	4	8
2	5	6
3	4	3
4	5	10

Set 1	Set 2	Set 3	Set 4	Set 5

A2 Yoga Push-up

Week	Sets	Reps
1	3	6
2	3	8
3	3	10
4	3	12

Set 1	Set 2	Set 3

B1 Incline Bench Row

Week	Sets	Reps
1	6	12
2	6	12
3	6	10
4	6	10

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2 Side Lying External Rotation

Week	Sets	Reps
1	3	8/side
2	3	8/side
3	3	8/side
4	3	8/side

Set 1	Set 2	Set 3

C1 Push-up Hold

Week	Sets	Reps
1	3	30s/side
2	3	40s/side
3	3	50s/side
4	3	60s/side

Set 1	Set 2	Set 3

C2 Incline Bench T's

Week	Sets	Reps
1	3	10
2	3	10
3	3	10
4	3	10

Set 1	Set 2	Set 3